



## RECREATION DEPARTMENT

*The Heart of the Neighborhood*

[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)

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### “Chula Vista Walks” Daily Tips

- Stair Climbing is a low – impact alternative to running
- Change your fitness routine every 4 – 6 weeks.
- Choose exercises that you enjoy doing.
- Replace sneakers often, at least after every 250 – 500 miles of walking/running.
- Try to include total body workouts both upper and lower body.
- It's best to stretch after you've gotten warmed-up for about five minutes your muscles will be looser.

### Nutrition Tips

- Eat Breakfast Daily
- Before workout – Eat foods high in carbohydrates, such as pasta; bread, fruit and smoothies drink plenty of water.
- During Breaks – Drink plenty of water or sports drinks to replace sodium that is lost through sweat.
- After your Workout- Make sure you eat something within 30 minutes of ending your workout.

